



Pool Schedule Winter/Spring 2017

Monday - Thursday

Lanes	1	2	3	4	5	6	7	8
5a-5:30a	Pool Opens at 5am Mon/Wed							
5:30a-6a	Swim Practice 5a							
6a - 7a								
7a - 8a			Open Swim					
8:00a	Lap Swim							
8:15a								
8:30a			Aqua Fitness Times Vary by Day					
8:45a								
9:00a	Swim Lessons							
9:15a								
9:30a								
9:45a								
10:00a								
10:15a								
10:30a								
10:45a								
11:00a								
11:15a								
11:30a								
11:45a								
Noon-1p								
1p - 2p								
2p - 3p								
3:00p	Swim Lessons							
3:15p								
3:30p								
3:45p								
4:00p	Swim Lessons							
4:15p								
4:30p								
4:45p			Wednesday Aqua Fitness					
5:00p								
5:15p								
5:30p								
5:45p								
6:00p								
6:15p								
6:30p								
6:45p								
7:00p								
7:15p								
7:30p								
7:45p								
8:00p	Lap Swim		Open Swim					
8:15p								
8:30p	Pool Closes at 8:30p							

Friday

Lanes	1	2	3	4	5	6	7	8
5a-5:30a	Pool Opens at 5:30a T/Th/Fri							
5:30a-6a								
6a - 7a							Open Swim	
7a - 8a							Open Swim	
8:00a	Lap Swim						Open Swim	
8:15a								
8:30a								
8:45a								
9:00a								
9:15a								
9:30a							Aqua Fitness	
9:45a								
10:00a								
10:15a								
10:30a								
10:45a								
11:00a								
11:15a								
11:30a								
11:45a								
Noon-1p	Lap Swim							
1p - 2p								
2p - 3p								
3:00p								
3:15p								
3:30p							Swim Lessons	
3:45p								
4:00p								
4:15p								
4:30p								
4:45p								
5:00p								
5:15p								
5:30p	Swim Practice							
5:45p								
6:00p								
6:15p								
6:30p								
6:45p								
7:00p	Lap Swim							
7:15p								
7:30p								
7:45p								
8:00p	Pool Closes at 7:30p							
8:15p								
8:30p								

Schedule is subject to change.

Lap Swim - Single person or shared by 2 or more swimmers in one lane.

Open Swim - Recreational use of the pool for families and youth members.

For exact Aqua Fitness schedule please consult Group Fitness schedule.

Entire pool or lanes may be closed due to facility rental (anytime).

*All swimmers under 12 years old must be accompanied by an Adult.

Fox Valley Family YMCA Pool Schedule Winter/Spring 2017

Saturday									
Lanes	1	2	3	4	5	6	7	8	
	Pool Opens at 7:30a								
7:30a-8a									
8:00a	Swim Practice				Lap Swim		Swim Lessons		Open Swim
8:15a									
8:30a									
8:45a									
9:00a	Swim Lessons				Lap Swim		Swim Lessons		Open Swim
9:15a									
9:30a									
9:45a									
10:00a									
10:15a									
10:30a	Swim Lessons				Lap Swim		Swim Lessons		Open Swim
10:45a									
11:00a									
11:15a									
11:30a	Swim Lessons				Lap Swim		Swim Lessons		Open Swim
11:45a									
Noon-1p									
1p - 2p									
2p - 3p	Lap Swim				Lap Swim		Swim Lessons		Open Swim
3:00p									
3:15p									
3:30p									
3:45p									
4:00p									
4:15p	Lap Swim				Lap Swim		Swim Lessons		Open Swim
4:30p									
4:45p									
5:00p									
5:15p	Lap Swim				Lap Swim		Swim Lessons		Open Swim
5:30p									
5:45p									
6:00p									
6:15p	Pool Closes at 5:30p								
6:30p									
6:45p									
7:00p									
7:15p	Pool Closes at 5:30p								
7:30p									
7:45p									
8:00p									
8:15p	Pool Closes at 5:30p								

Sunday								
Lanes	1	2	3	4	5	6	7	8
	Pool Opens at 10:30a							
7:30a-8a								
8:00a								
8:15a								
8:30a								
8:45a	Pool Opens at 10:30a							
9:00a								
9:15a								
9:30a								
9:45a								
10:00a	Pool Opens at 10:30a							
10:15a								
10:30a								
10:45a								
11:00a								
11:15a	Swim Lessons		Lap Swim				Open Swim	
11:30a								
11:45a								
Noon-1p								
1p - 2p	Swim Lessons		Lap Swim				Open Swim	
2p - 3p								
3:00p								
3:15p								
3:30p	Swim Lessons		Lap Swim				Open Swim	
3:45p								
4:00p								
4:15p								
4:30p	Swim Lessons		Lap Swim				Open Swim	
4:45p								
5:00p								
5:15p								
5:30p	Swim Lessons		Lap Swim				Open Swim	
5:45p								
6:00p								
6:15p								
6:30p	Pool Closes at 3:30p							
6:45p								
7:00p								
7:15p								
7:30p	Pool Closes at 3:30p							
7:45p								
8:00p								
8:15p								

Schedule is subject to change.

Lap Swim - Single person or shared by 2 or more swimmers in one lane.

Open Swim - Recreational use of the pool for families and youth members

For exact Aqua Fitness schedule please consult Group Fitness schedule.

Entire pool or lanes may be closed due to facility rental (anytime) or

Swim Meets or Birthday Parties (Saturday and Sunday afternoons)

*All swimmers under 12 years old must be accompanied by an Adult